



Shirley Council on Aging

Volume: 7

NEWSLETTER

Issue: 5

MAY 2015

Senior Center • 9 Parker Road • Shirley, MA 01464

Tel: 978-425-1390 • Fax 978-425-1392 • email: coa@shirley-ma.gov

“Get Into the Act”! May is Older Americans Month

This month is the 50th anniversary of the Older Americans Act that President Lyndon Johnson signed into law in 1965. Since that time, the Act has provided a nationwide aging services network and funding that helps older adults live with dignity in their communities for as long as possible. Funding is provided for home-delivered and congregate meals, caregiver support, community-based assistance, preventive health services, elder abuse prevention and more.

The theme of this year’s celebrations is “Get into the Act” to focus on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others.

At the Shirley Senior Center we offer opportunities that support physical activity, wellness and social engagement so that you may “Get into the Act”, too. Through our Outreach program older adults can always access the home- and community-based services needed to live independently, and we also offer programs daily for fitness, recreation and socialization.



This month, I’d like to highlight three new programs that can help you “Get into the Act”.

The **Diabetes Self-Management program** can help those with this condition to eat well, control pain, begin an exercise program, handle stress and increase energy. See details below and call us today to register.

Coming in June, we will have a monthly **Discussion Group** called “Let’s Talk”. The first topic will be the book “The Gift of Years: Growing Older Gracefully” by Joan Chittister. The group setting offers a chance to share ideas, make connections and engage in meaningful discussion about the opportunities and challenges growing older presents. The first meeting is June 9th at 1 p.m. See inside for more details and call us today to register.

Also coming in June will be speaker **Helen Kelly** who will talk about how she stopped her osteoporotic bone loss naturally. She says that “for most people, diet can be the safe road to bone health”. See inside for more info.

Hope to see you here soon!

Kathryn



Montachusett Home Care

Diabetes Self-Management Program

Diabetes Self-Management is for anyone living with diabetes or care-giving for a loved one with this medical condition.

*Eat well *Control your pain *Start an exercise program *Handle stress and relax *Increase your energy level

Tuesdays, June 16—July 23 / 1-3:30 p.m.

*To learn more about this workshop and have a chance to ask questions, join us for a brief overview on
May 19th at 1 p.m.*

Please register by June 9th at 978-425-1390

Mission Statement of the Shirley Council on Aging:

“To serve the Seniors of Shirley with services that enhance their lives and provide for their needs.”

Council on Aging Staff and Members

DIRECTOR

Kathryn Becker

COUNCIL ON AGING

CHAIRMAN

Don Parker

VICE CHAIRMAN

Donald Reed

SECRETARY

Donald Reed

MEMBERS

MaryLou Clark

Nancy Siedliski

Joyce Patton

Barbara Lugin

Helen Kramer

Sandy Marcinkewicz

Joellen Sheehan

BOOKMOBILE

MaryLou Clark

CAFÉ

Nancy Siedliski, Ruth Halloran,

Viola Burnley, Pat Florio,

Shirley Deyo, Donna Brun

MEALS ON WHEELS

William Schold, Hilary Kelley, Tom Hill,

App Schneider, Elisabeth Dinning,

Cathy Gregory, Bonnie Lawrence

MEDICAL EQUIPMENT COORDINATOR

Nancy Siedliski

NEWSLETTER EDITOR

Doreen Quintiliani

SUNSHINE LADY

Joyce Patton

VAN DRIVERS

Bob Perry, Doug Perry

VAN DISPATCHER

Laurie Picinich

The Council meets the second Wednesday of each month at 1:00 pm at the Senior Center, 9 Parker Road.

Meetings are open to the Public.

THANK YOU . . .

For your contributions, donations and volunteerism.

We appreciate your support.

We would not have Your Center without you!

Vendors:

Pepsi for water, Panera for bread and bagels, Hannaford for goodies, Mitrano Removal, Turf Logic, Mark Pinard Landscaping, Village Pizza, Groton Wellness Café, and Wachusett Potato Chip Co., Tiny's Restaurant

Our Bagel Team:

Jim Lanteigne, Bill Dow, Bob McBrine, & Bob Perry, Marcia Sullivan

Program Support:

Ron & Shirley Deyo, Don Parker, Jon Pender, John & Kay Tohline, Joyce Patton, Kendra Dumont, Chip & Dolores Guercio, Pat Florio, Sally Hamel, Maria Owens, Elaine Quinty, Vi Burnley, Donna Brun, Nancy Siedliski, MaryLou Clark, Francine Evelyn, Alice West, Carolyn and Charlie Waite, Sandy and Gene Wixom, Joe Nickerson, Rhoda Dow, and Patty Blodgett.

Donations:

Marion Wood, Joyce Patton, Christine Saball, Donna Brun, Bob McBrine, Connie Schweitzer, Cathy Landry, Doris Champagne, James and Mabel Pringle, Bob Steiner and Kate White, Abby Dinkle and Al Dentino.

Thanks to all who have given donations to support the Center's continuation of programs and activities.

Newsletter:

Cyndi Furman, Kathryn Becker, and Doreen Quintiliani

Café Wish List

The Senior Center is a Green Operation
Recyclable Donations Please



- ◆ Chinet paper plates (large size)
- ◆ Coffee (decaf)

VOLUNTEERS NEEDED! NO EXPERIENCE NEEDED!

LUNCH: On the third Wednesday of each month, help needed with set-up, serving and clean-up

Meals on Wheels Delivery Person: Fridays from 11-1 p.m. Mileage stipend available.

Call 978-425-1390 and leave your name and telephone number, or, even better....Stop in at the Senior Center!



Outreach Corner

Kathryn Becker, Director/Outreach Coordinator

Telephone: (978) 425-1390 Email: COAOutreach@shirley-ma.gov

The mission of the Outreach Program is to make contact with senior citizens, determine their needs and interests, and to meet those needs and interests through appropriate referrals, program development and advocacy.

Kathryn can explain community programs and benefits, assist with applications to needed programs, aid elders in their search for services and act as an advocate and support for elders in need. If you or someone you know has questions or need help, please call Kathryn at the Council on Aging office at **978-425-1390**. She is available at the Senior Center at 9 Parker Rd., Tues. and Thurs. from 9-2. All information shared is confidential.



Two New Safety Programs at the Shirley Police Department

CHECK IN PROGRAM: Would you like to know that someone's looking out for you each day? Once registered with the "Check In" Program, you would be expected to call the Shirley Police Dept. each morning between 7 AM and 11 AM. If on any given day you don't call and hadn't let them know that you would be unable to call, the police would come to the house to check on you and make sure you are okay. To register for this program, stop by the Senior Center for a form or call 978-425-1390 to have one mailed to you.

VACANT HOUSE CHECK PROGRAM: Taking a trip? Visiting family for a few weeks? Make sure your home is secure by registering for the "Vacant House Check" Program. Stop by or call the Senior Center for a form at 978-425-1390 to register for this program.

Senior Homeowners and Renters

You may qualify for a refund from the State if you pay rent or property taxes!

The Massachusetts Circuit Breaker Tax Program is for persons 65 years or over whose property taxes (or 25% of rent) exceed 10% of their annual gross income and who meet other qualifying criteria. You may be eligible for the coming tax year plus the last three years, even if you did not file Massachusetts state income tax forms. If eligible you may file retroactively back to 2011. The maximum credit for 2014 is \$1050; 2013 is \$1030; 2012 is \$1000; and 2011 is \$980.



Seniors must meet the following guidelines:

1. **Age 65** or over by the end of the tax year for which you are filing
2. **Income:**

	2011	2012	2013	2014
Single	\$52,000	\$53,000	\$55,000	\$56,000
Head of Household	65,000	67,000	69,000	70,000
Married, filing jointly	78,000	80,000	82,000	84,000

3. **Residency:** You must own or rent residential property in Massachusetts as your primary residence. Public housing and subsidized renters are not eligible.

4. **Assessed valuation** of home must not be greater than:

For tax year: 2011-\$729,000; 2012-\$705,000; 2013-\$700,000; 2014-\$691,000

5. **10% rule: For Owners:** Amount by which property tax (plus 50% of water and sewer fees when not in property tax bill) exceeds 10% income, up to the maximum.

For Renters: Amount by which 25% of annual rental payments exceed 10% of total income, up to the maximum. The law assumes that 25% of rent goes toward tax.

Call these Senior Centers for appointments at Townsend 978-597-1710 or Pepperell 978-433-0326.

For more information, contact your accountant, AARP volunteer, or the Shirley Senior Center at 978-425-1390.

NEWS FROM SHINE

Need Help with the Cost of your Prescription Medications?? Prescription Advantage can Help!!

Prescription Advantage is a state-run program which helps many seniors pay for their prescription drugs. Eligibility is based on income only and there is no asset limit!

Who can join?

If you are a Massachusetts resident, eligible for Medicare, and are: 65 years or older with an annual income at or less than \$58,850 for a single person or \$79,650 for a married couple

OR

Under 65 years and disabled, with an annual income at or less than \$22,128 for a single person or \$29,948 for a married couple.

You may also join... if you are 65 years or older and not eligible for Medicare. There is no income limit.

There is no charge for joining Prescription Advantage, if you have an annual income at or less than \$35,310 for a single person and \$47,790 for a married couple. There is a \$200 per person annual enrollment fee for those with higher incomes.

Call Prescription Advantage to enroll on the phone at 800-243-4636. You may also apply on-line by going to www.prescriptionadvantagemma.org

**Kathy Devine from Prescription Advantage
will be speaking at the Senior Center on
May 4th at 10:30 a.m.
as part of our Senior Info Series.
Stop by to hear more and ask questions.**



D'Ambrosio Eye Clinic
Thursday, May 14th 9:30-10:30 a.m.
Be checked for glaucoma and cataracts

Senior Information Series

Monday, May 4th - 10:00 AM

Kathy Devine from Prescription Advantage

Each year thousands of seniors in Massachusetts reach a gap in their Medicare prescription drug plan that is often referred to as the "donut hole". If you reach that gap, your prescription drug costs rise dramatically! Don't let this happen to you. Prescription Advantage can help!



Ramps to Freedom

If you are in need of a wheelchair ramp for your home or you know of someone who needs one, there is a new program called "Ramps to Freedom" sponsored by the Ayer/Shirley Rotary Club. The application process is needs-based and there will be no cost to the homeowner for the ramp.

If interested, please contact

Patty Thorpe at 978-339-3419

or pattythorpe@live.com

Shirley Senior Center Transportation

MART Van

The Shirley COA has transportation available for doctor appointments and local shopping. The MART Van runs Monday through Friday from 8 a.m. to 4 p.m. Please give 48 hours' notice when requesting rides, so that we may meet your needs. Call 978-425-1390 for reservations.

Shopping trips are as follows:

Tuesdays: Searstown Plaza in Leominster

Thursdays: Week 1: Target

Week 2: Walmart/Aldi

Week 3: Barnes and Noble

Week 4: Twin City Plaza

Week 5: Walmart

Every Thursday: Trips to Loaves and Fishes

Pick ups at 8 a.m. and leave for home at 11:30



Nashoba Nursing Service & Hospice
Nashoba Associated Boards of Health
Your COMMUNITY, Your CHOICE Since 1931

Blood Pressure Clinic
Thursday, May 14th 9:30-10:30 a.m.

DON'T FORGET!

Senior Lunch ~ May 20th

No Senior Breakfast in May - Memorial Day

VETERANS' CORNER

*...from Mike Detillion,
Shirley Veterans' Officer*

The Veterans' Officer is available at any time to aid your efforts to enter into the VA Health Care system or pension system.

For an appointment:
Call: 978-425-2600 x280
Appointments: Anytime

**Office Hours: Monday evenings
5:00 – 7:00 p.m.
at the Town Office Building**

Benefits: All veterans, spouses and dependents are eligible for Chapter 115 and VA benefits with an honorable discharge. Benefits can include financial assistance, food assistance, shelter assistance, and burial assistance.



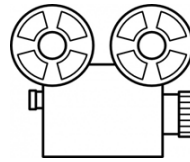
Bugles Across America

Are you a military veteran or do you have a friend or relative who is a veteran? In the past, the Defense Department provided a bugler to perform Taps at a veteran's funeral, but budget cuts have made this no longer possible. A few years ago a veteran of the US Marine Corps, Tom Day of Illinois, founded a charitable organization to perform this duty. His organization is called Bugles Across America. The organization has hundreds of volunteers in the United States and in other countries. If you are a veteran, make your wishes known to your loved ones. A volunteer bugler may be requested by completing a short form on www.buglesacrossamerica.org. The service is free.

A mother is a person who, seeing there are only four pieces of pie for five people, promptly announces she never did care for pie. ~ Teneva Jordan



Pizza & a Movie @ Your Senior Center



**May 6th
11 am**



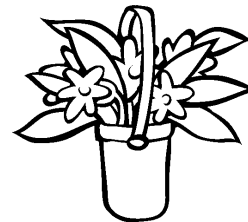
"Saving Mr. Banks"

Starring Tom Hanks and Emma Thompson



Director: John Lee Hancock
Author P.L. Travers reflects on her childhood after reluctantly meeting with Walt Disney, who seeks to adapt her Mary Poppins books for the big screen.

MAY AT THE SENIOR CENTER



Catered Lunch by Nashoba Tech

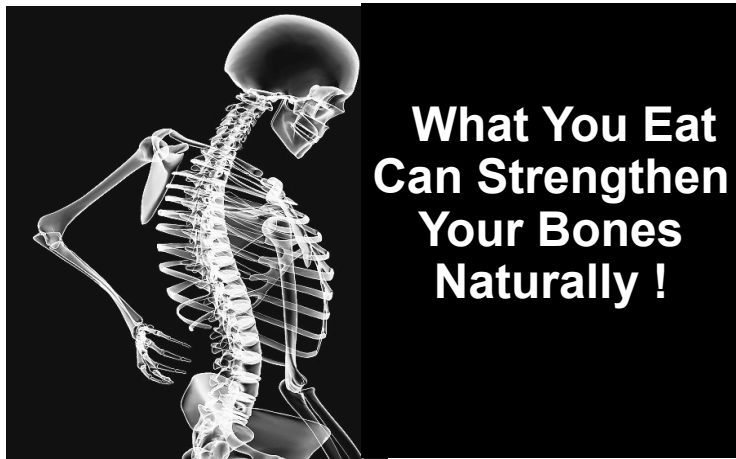
May 20th at Noon

Choice of:
**BAKED STUFFED HADDOCK
W/ CRABMEAT STUFFING
OR
ROASTED SIRLOIN WITH GRAVY**

**All served with soup/salad, rolls, potato,
vegetable, dessert and coffee**

\$10.00 plus \$2.00 suggested tip

**Please make your reservation by
May 13th
at
978-425-1390**



What You Eat Can Strengthen Your Bones Naturally !

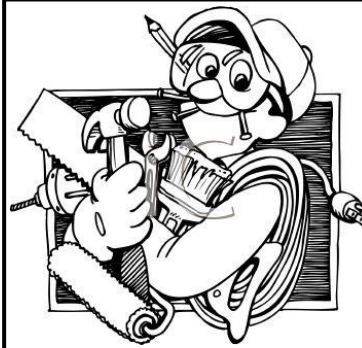
Wednesday, June 24th / 6 pm

Speaker **Helen Kelly** will describe how she stopped a twenty-year progressive osteoporotic bone loss by including in her diet specific combinations of ingredients that strengthen bones naturally. The program was developed by Helen's daughter Laura, a primary care physician.

Food samples for tasting will be generously provided by Hannafords and Robinson Farm.

Please call the Senior Center at
978-425-1390 to register
or email coadirector@shirley-ma.gov
There is no charge for this event

"... for most people, diet can be the safe road to bone health."



Catholic Heart Workcamp Volunteers

If spring has found you with many odd jobs that need to be done around the house, take heart—help is on the way! The **Catholic Heart Workcamp** will have volunteers in our area from June 21-27. Their labor is **FREE**—you only have to buy the materials! They can do chores such as yard clean up, trimming hedges, clearing gutters, painting, repairing screens or steps. Nothing higher than the second floor or roof related, please. Give Kathryn a call at 978-425-1390 or stop by the Senior Center and pickup a work order to be put on their list.



If you would like to receive this newsletter by mail, please send a check for \$6.00 (to cover 1 year of postage) along with your name and address to:

**Shirley COA, 9 Parker Rd.,
Shirley, MA 01464**

If you would like to receive this newsletter by email, please send us an email with your name and email address to: shirleyCOAnewsletter@gmail.com

As always, our newsletter is available at The Senior Center, Municipal Building, Library and around town at your favorite shopping sites.

NEW! Discussion Group! The Gift of Years: Growing Older Gracefully



Not only accepting, but celebrating getting older, this inspirational and illuminating book looks at the many facets of the aging process, from opportunities and challenges to struggles and surprises.

Each chapter/topic is 2-3 pages long, but you don't need to read the book to take part in the discussion. Books are available at no cost at Senior Center. The group will meet once per month.

June 9th at 1 p.m.

Facilitator: Claudette Williams
Please register at: 978-425-1390
or coadirector@shirley-ma.gov



**Bridge Tutorial
Is Back!
Thursdays at 1 PM**



Free Notary Service for Seniors

Call Pat Krauchune at 978-425-9545
or email krauchune@aol.com
House calls may be arranged

The Shirley Council on Aging is now on Facebook!



To stay connected with what's happening at the Senior Center and get the latest updates, Like us on Facebook at:
www.facebook.com/ShirleyCouncilonAging



Café Open Monday - Thursday
from 9AM to Noon

May 2015

Shirley COA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	DROP IN CAFÉ MONDAY - THURSDAY 9 AM TO NOON		<i>For a SHINE</i> <i>Appointment</i> <i>Call</i> 978-425-1390		1 Closed	2
3	4 10:00 SENIOR INFO 11-12:00 Qigong 12:15 Wii Bowling 1-4 Card Game Time	5 VOTE 7 a.m. - 8 p.m. 9-12 Nails w/ Kendra 9:30-12 Bridge/Dominoes 5:00 Senior Fitness	6 8:45 Senior Fitness 9-11 Creativity Time 11:00 Pizza & A Movie "Saving Mr. Banks" 1:30 Bingo	7 9-10 Chair Yoga 10:00 Wii Bowling 1:30 Bridge Tutorial 1:30 Rummikub	8 Closed	9
10 Happy Mother's Day 	11 11-12:00 Qigong 12:15 Wii Bowling 1-4 Card Game Time	12 9:30-12 Bridge/Dominoes 5:00 Senior Fitness	13 8:45 Senior Fitness 9-11 Creativity Time 11:30 CHOICE CAFÉ/ Soup 1:00 COA Meeting	14 9-10 Chair Yoga 9:30 -10:30 Blood Pressure & Eye Clinic 10:00 Wii Bowling 1:30 Bridge Tutorial	15 Closed	16
17	18 11-12:00 Qigong 12:15 Wii Bowling 1-4 Card Game Time	19 9-12 Nails w/ Kendra 9:30-12 Bridge/Dominoes 1:00 Diabetes Intro 5:00 Senior Fitness	20 8:45 Senior Fitness 9-11 Creativity Time 11:30 SENIOR LUNCH Nashoba Tech 1:30 Bingo	21 9-10 Chair Yoga 9:00 SHINE 10:00 Wii Bowling 1:30 Bridge Tutorial 1:30 Rummikub	22 Closed	23
24	25 CLOSED MEMORIAL DAY 	26 9:30-12 Bridge/Dominoes 5:00 Senior Fitness	27 8:45 Senior Fitness 9-11 Creativity Time 11:30 CHOICE CAFÉ/ Soup 1:30 Bingo	28 9-10 Chair Yoga 10:00 Wii Bowling 1:30 Bridge Tutorial	29 Closed	30/31